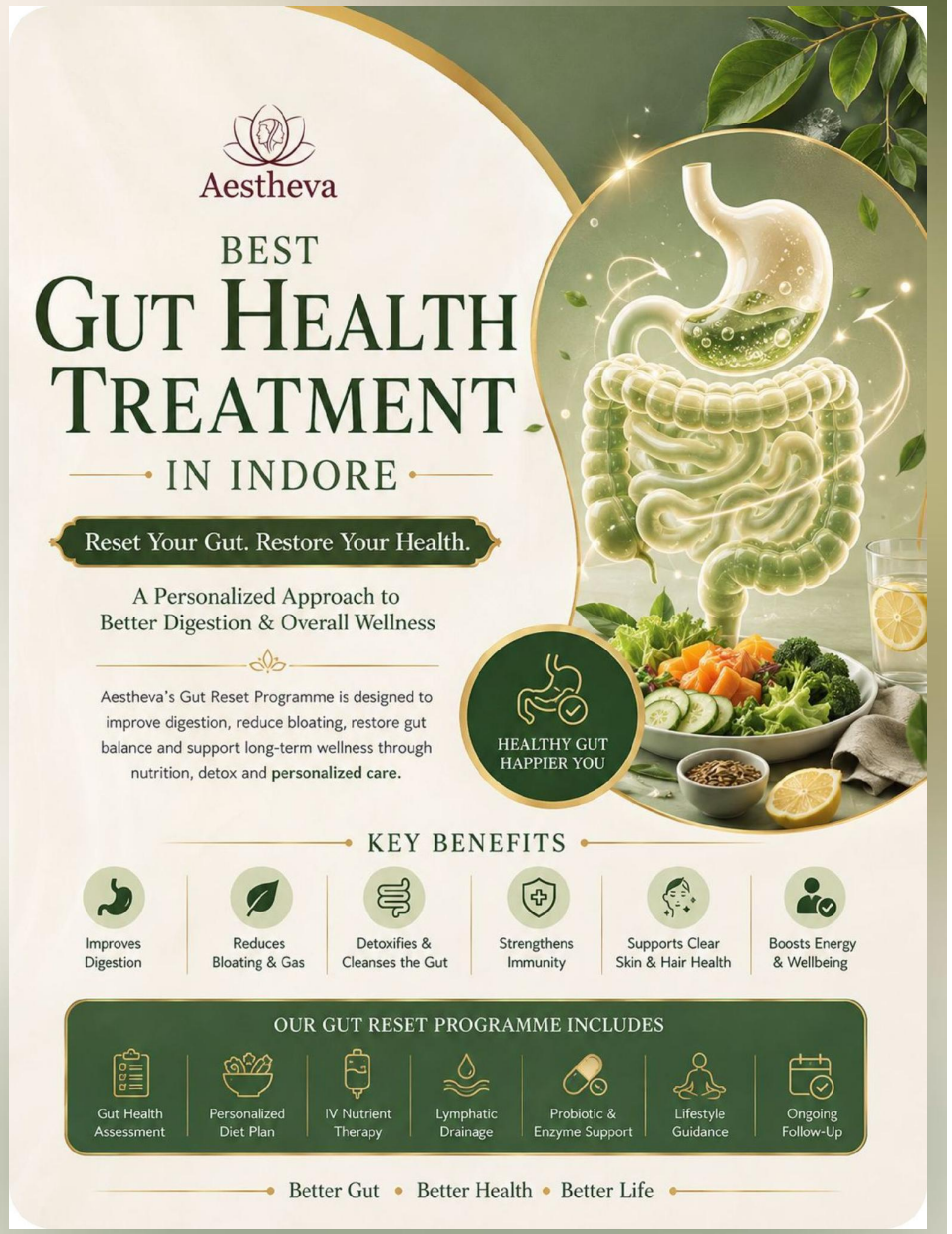

Aestheva
BEST
GUT HEALTH TREATMENT
IN INDORE
Reset Your Gut. Restore Your Health.
A Personalized Approach to Better Digestion & Overall Wellness
Aestheva's Gut Reset Programme is designed to improve digestion, reduce bloating, restore gut balance and support long-term wellness through nutrition, detox and personalized care.
HEALTHY GUT HAPPIER YOU
KEY BENEFITS
Improves Digestion
Reduces Bloating & Gas
Detoxifies & Cleanses the Gut
Strengthens Immunity
Supports Clear Skin & Hair Health
Boosts Energy & Wellbeing
OUR GUT RESET PROGRAMME INCLUDES
Gut Health Assessment
Personalized Diet Plan
IV Nutrient Therapy
Lymphatic Drainage
Probiotic & Enzyme Support
Lifestyle Guidance
Ongoing Follow-Up
Better Gut • Better Health • Better Life

Best Gut Health Treatment in Indore

Physician-Guided Gut Reset & Wellness Programme for Better Digestive Health

Gut health influences digestion, energy, skin, and overall wellbeing. Aestheva's Gut Reset Programme combines personalized dietary guidance, IV therapy, lymphatic drainage, and targeted nutritional support.

PRESENTED BY AESTHEVA ADVANCED AESTHETICS

Understanding the Gut Reset Programme

A structured, personalized approach to support digestive wellness through nutrition, lifestyle guidance, and targeted therapies — designed around your individual health goals.

Personalized Dietary Protocol

Customized nutrition plan based on your digestive profile

IV Infusion Therapy

Targeted nutrient delivery for gut and systemic support

Lymphatic Drainage

Therapy to support detoxification and reduce inflammation

Microbiome Support

Pre & probiotic guidance to restore gut flora balance

Progress Monitoring

Regular reviews to track and adjust your programme

Why Gut Health Matters

Your digestive system governs nutrient absorption, immunity, and even mood. Imbalances can trigger bloating, fatigue, skin issues, and brain fog.

🫧 Digestive Discomfort

Bloating, gas, and irregular bowel habits

🍽️ Food Sensitivities

Reactions to common foods affecting daily comfort

⚡ Low Energy & Brain Fog

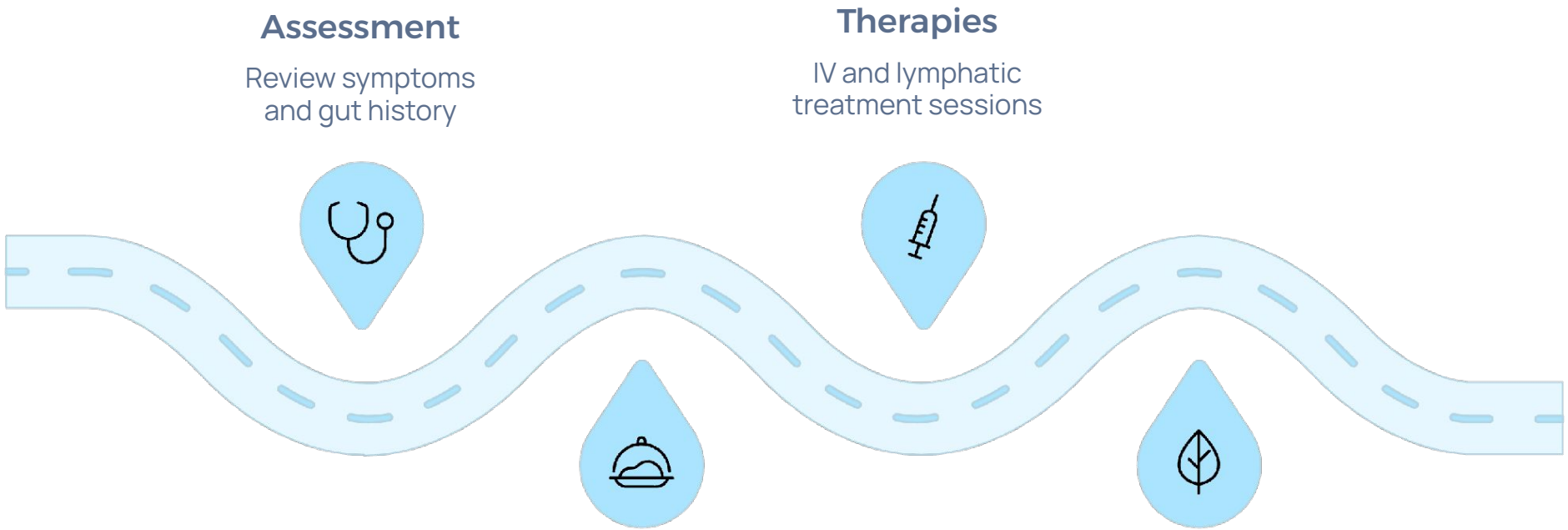
Poor nutrient absorption impacting focus and vitality

🌿 Skin & Nutritional Imbalance

Gut-skin connection leading to breakouts and deficiencies

How the Gut Reset Programme Works

Aestheva follows a structured, step-by-step approach to assess your digestive health and build a truly individualized wellness plan.



Programme duration and treatment combination are tailored to your individual requirements and response.

Key Components of the Programme

IV Nutrient & Wellness Infusions

Direct delivery of vitamins and minerals to support gut repair

Pre & Probiotic + Enzyme Support

Restores healthy gut flora and aids digestion

Lymphatic Drainage Therapy

Reduces inflammation and supports natural detoxification

Anti-Inflammatory Nutrition Coaching

Personalized food guidance to reduce triggers and improve habits

What May Improve with Better Gut Health

8+

Areas of Support

From digestion to skin, energy, and mood

5

Core Therapies

IV, lymphatic, nutrition, enzymes & probiotics

1:1

Personalized Care

Every plan is built around your unique needs

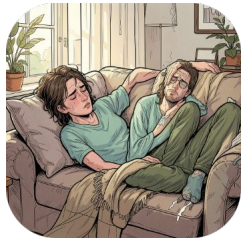
Individual results vary depending on underlying causes and overall health condition. A professional consultation is essential before beginning any programme.

Is the Gut Reset Right for You?

A personalized gut-health consultation may benefit individuals experiencing ongoing digestive or wellness concerns.

Persistent Bloating & Gas

Recurring digestive discomfort after meals



Low Energy or Fatigue

Unexplained tiredness linked to poor nutrient absorption

Recurring Skin Concerns

Breakouts or inflammation tied to gut imbalance

Post-Antibiotic Recovery

Restoring gut flora after antibiotic treatment

Your Personalized Journey — Start to Finish

Every step is guided by a physician and tailored to your response and goals.

01 — Initial Consultation

Detailed review of symptoms, diet, lifestyle, and wellness goals

1

2

02 — Personalized Plan

Custom nutrition, supplement, and treatment schedule created

03 — Weekly Support

Selected IV infusion and lymphatic sessions as per programme

3

4

04 — Dietary Coaching

Food habits and dietary progress reviewed and adjusted

05 — Progress Review

Overall response assessed and long-term maintenance plan recommended

5

Why Choose Aestheva?

Aestheva combines physician-guided care with wellness-focused therapies to deliver structured, results-oriented gut-health programmes.

🩺 Physician-Guided

Medical oversight at every stage of your programme

📋 Fully Personalized

Assessment-driven plans — no generic protocols

💉 Advanced Therapies

IV infusions, lymphatic drainage & targeted supplements

🌿 Holistic Approach

Integrating gut health with skin, hair & overall wellness

Start Your Gut Health Journey

If you are experiencing persistent bloating, digestive discomfort, low energy, or other gut-health concerns — consult a qualified professional for an individualized assessment.

📞 Book Your Consultation

Call: 91+ 82230 82820

Address: 15/2, South Tukoganj, Indore, Madhya Pradesh 452001

Website: aestheva.in

Healthy Gut

Foundational to overall wellbeing

Better Habits

Sustainable dietary and lifestyle changes

Personalized Wellness

Care designed exclusively for you